

# Welcome



*Welcome to my healing practice of Traditional Chinese Medicine (TCM).*

*I congratulate you on choosing TCM. It is, as I think you will discover, an extremely powerful, effective, side-effect and drug-free system for getting well and, more importantly, staying well. Headache, asthma, arthritis, hypertension, pain, depression, male and female problems— these are just a few of the ailments that TCM relieves, and in many cases entirely cures.*

*Presumably you have come to my office for the relief of pain or illness. Perhaps I was recommended to you by a friend, a health care professional, or a business associate. No matter. The important thing is that you are here, which means that you understand the number one rule of good living: Health should always be our first priority. For the truth of the matter is that our bodies do not come to us at birth with guarantees or manuals. It is up to us to protect them against abuse and disease, and to avoid wrong habits of living that can ultimately make our lives unlivable. Perhaps you have a good deal of money.*

*Perhaps you have a devoted partner, beautiful children, friends, a wonderful job. You may be famous, fortunate, and loved. But without good health it is impossible to enjoy these pleasures of life. They mean nothing to us when all we can think about is our sickness and pain. On the other hand, if good health is your number one priority, and if you take steps to maximize it, you will enjoy the blessings the world has given you and live a longer, happier life. When I speak of health, I should add, I am not simply referring to your current physical condition but to your health in the future as well.*

*How so?*

*According to Traditional Chinese Medicine, the physical symptoms that a patient complains of in a doctor's office are not the first sign of an illness. In fact, they are usually the last. Once symptoms from an ailment appear, TCM believes, that ailment has already matured inside your body to a considerable degree and is just now starting show itself in physical form. By the time these indications appear, doctors believe, the ailment in question has been developing for days, weeks, months, and in the case of chronic disease, years.*

*For this reason, by using TCM diagnostic tools such as tongue diagnosis, pulse reading, examination of the eyes, skin, and hair, and other symptomatic indicators, doctors can identify and treat energy imbalances in their early stages before they develop into a particular illness. In this sense, TCM is a true form of preventive medicine.*

*Note also that while illness is a burden, it is also one of our best friends. It causes distress, no doubt, but its symptoms also act as a distress signal, telling us that something is wrong with our health and needs attention. If we listen to this signal and respond to it promptly, whatever illness we suffer from will get better that much faster. Rather than disdain the symptoms of an ailment we should acknowledge them as a useful tool.*

*Finally, before you begin your first session as a patient, I strongly urge you to read this manual. It will answer many of the most common questions I hear from new patients, as well as inform you about health-related matters other doctors or acupuncturists may not have told you about. It will also provide you with a fundamental grounding in the concepts and techniques of Chinese medicine which are considerably different from those you may be accustomed to in conventional medicine. Once you understand the basic "how's and whys" of TCM, many of the healing procedures I use – especially acupuncture – will make perfect sense. In my 40 years medical practice one fact has become crystal clear to me: well-informed, educated patients are good patients, both for themselves and for the doctor attending them.*

*So please do read this manual, both for your sake and mine. If you have any further questions, I will be more than happy to answer them.*

**Dr. Tsoi Nam Chan**

# **Traditional Chinese Medicine: Questions, Answers, Observations, and Explanations**

## **1. Why do I get sick?**

A healthy person is an energetically well-balanced person. This state of balance can be disrupted by internal (emotional) and external (environmental) causes, and/or by a self-destructive lifestyle. These disruptions eventually cause certain organ systems to malfunction, creating a profound sense of malaise and “unwellness.” The cause of such disorders may be due to the circumstances of a person’s environment and lifestyle. Or their genetic makeup may simply make them more prone to developing certain ailments.

## **2. How long does a course of acupuncture treatment take, and when can I expect to see results?**

Since I work on my patients from the inside out to correct the root cause of their problems rather than prescribing a one-size-fits-all medication or zapping a specific “hot spot,” a patient’s body may not react immediately to needling and herbs.

I therefore ask you to undertake a course of at least five healing sessions before evaluating the benefits of treatment. Many patients come to me with a long history of disease and/or of body abuse. When they ask why they are not feeling better after a treatment or two I remind them that what takes time to come takes time to heal as well. So, give it at least five treatments. Then decide.

## **3. What is Acupuncture and how does it work?**

Using a variety of clinical techniques, acupuncture is designed to stimulate the Qi or life force on points located along channels of energy known as meridians or Jingmais. I will speak more about Qi, the acupoints, and the Jingmais in sections below.

In general, TCM offers a totally holistic approach to illness. Which means that as a practicing TCM physician I attempt to treat people, not diseases. Acupuncture and supplements are my principal therapeutic methods, though a TCM session may also include healing modalities such as cupping, magnets, heat lamp treatment, diet, lasers, exercise, and lifestyle changes.

The most common treatment tool I use are thin, metallic needles that I insert into points (or more accurately, “acupoints”) located in different parts of the body (there are over 365 commonly used acupoints on each of us!). The needles are left in place for some time. The acupoints I target during each session are, in my opinion, the places on the Jingmais where certain energies are too weak or too hyper-active, too Yin or too Yang, and which need adjustment to reestablish internal equilibrium. Needle stimulation also helps restore the normal balance of energy flow throughout the body so that the organs can work together in harmony as nature intended. Once this balance is established, the body then takes over, repairing itself and maintaining its own health. In this sense, acupuncture is a true natural healing technique: it creates auspicious physical conditions that then allow the body to heal itself.

Another important fact to note about acupuncture is that needles are often inserted into parts of the body that are located far from the source of pain or disorder. For example, if someone comes to me with a headache, I may place a needle in their foot. When asked why I am treating a part of the body located so far from the head I explain that TCM sees the body as a network of connected energy channels, and that a needle inserted into a point anywhere on a particular channel helps strengthen the entire channel, including the area of trouble. If the leaves on a tree are withering, I may tell a patient, I treat the problem not by doctoring the leaf but by watering the tree’s roots and fertilizing them. From the perspective of Traditional Chinese Medicine, the body is not simply a collection of separate, independent organs. It is a web of related energy centers that are all linked, and that all work together towards a single goal: keeping the body well.

#### **4. Acupuncture is a complex branch of ancient Chinese medicine, but its practical principles and methods are easily understood. They include the following:**

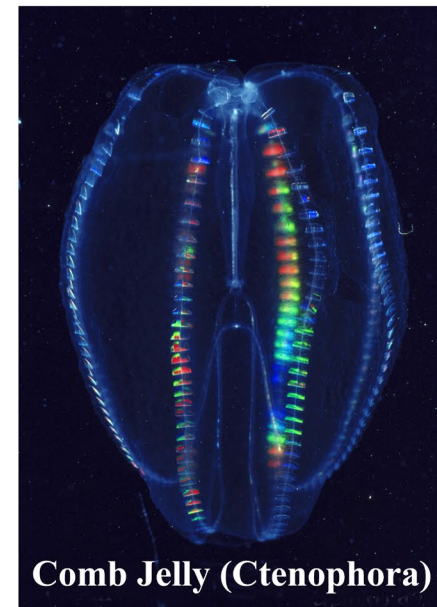
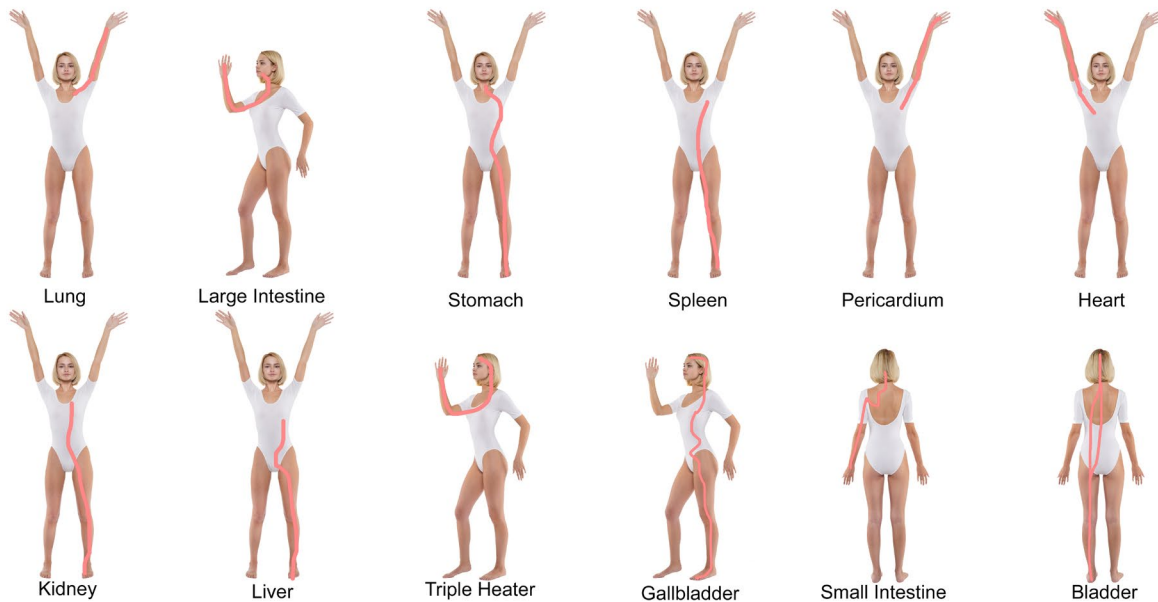
- The body is crisscrossed by 14 major energy channels called meridians, or more accurately, Jingmais. These channels run in fixed patterns through the head, arms, hands, legs, feet, and torso, all connecting to the internal organs.
- A subtle energy called Qi (pronounced chee) circulates throughout the 14 Jingmais channels to all parts of the body, even the most remote cells. This vital force animates all body functions, establishing a balanced, unimpeded flow of life energy that is critical to sound health, and is, therefore, the central goal of all TCM treatments.
- Any misdirection, blockage, or other derangement of the amount, flow, or balance of Qi can result in pain, dysfunction, and ill health.
- A TCM doctor will first diagnose patients using methods such as tongue color, pulse reading, skin, eyes, hair condition and more. He then determines where the imbalances are in the body and treats them accordingly.

#### **5. More about Qi**

The standard English translation of the word Qi is “life force.” The true nature of Qi, however, cannot be fully put into words. It must be felt; that is, it must be sensed coursing through one’s body to be truly understood. After a good acupuncture treatment, patients often comment that they feel energized or “full of life.” They are, in fact, feeling their Qi. Exercises such as tai chi and Qi gung allow trainees to sense Qi as something palpable moving through their organs, muscles, and bones. In the martial arts, practitioners (such as Shaolin monks) spend years strengthening their Qi, and are able to use it both as a shield and as a weapon if attacked. Since the total absence of Qi in any being causes death, one’s health obviously depends on building and maintaining a strong Qi flow throughout the system. In a body well fortified with life force the organs work in unison, and we feel whole and alive. But when blocked Qi cannot flow, and the muscles, organs, and glands are weakened, making a person more susceptible to disease. When stress is alleviated and our energies are rebalanced through acupuncture and herbal medicine, the Qi flows freely again and good health returns.

## 6. More about the Jingmais

Several thousand years ago Chinese physicians discovered that Qi or vital force circulates along 14 Jingmais or meridian channels that carry this energy throughout the body. Located on both the left and right sides of the body, 12 of the Jingmais are interconnected while the 13th and 14th Jingmai run down the center of the body and up the back, forming a circle. There are also a number of so-called Extra Jingmais and Miscellaneous Jingmais that a doctor will use only under certain clinical conditions. The Jingmai grid that crisscrosses the body controls the skeletal, muscular, endocrine, circulatory, digestive, respiratory, urinary, reproductive, and nervous systems. Picture a Jingmai as a river coursing through the body and Qi as the energy that causes the water to flow. How do we know a Jingmai exists since we cannot see it? In nature, there are jellyfish that are so transparent that they are practically invisible. Yet we know they are there. The same is true with the Jingmai; we cannot see them, but we can sense when energy is flowing through them, and a doctor can use this energy to balance the body. Below is a comparison of the energy flowing through 12 Jingmais and the Comb Jelly.



## **7. Can acupuncture help my condition?**

Acupuncture has been documented for over 2,500 years in China to treat people. It has acquired a particularly good reputation as a therapy for disorders that are often the very conditions that conventional medicine is least able to treat. According to a meeting organized by the World Health Organization in Switzerland in 1988, the following list demonstrates the types of illnesses that acupuncturists feel most confident treating:

- Respiratory disorders: Colds, acute sinusitis, acute tonsillitis, acute bronchitis, bronchial asthma, bronchial allergies, and pneumonia.
- Eye disorders: Acute conjunctivitis, myopia (in children), cataracts (without complications).
- Mouth disorders: Toothache, post extraction pain, inflamed gums, acute and chronic pharyngitis.
- Digestive disorders: Esophagus spasm, hiccups, hyperacidity, chronic duodenal ulcer pain relief, acute duodenal ulcer (without complications), colitis (acute and chronic), bacillary dysentery (acute), constipation, diarrhea, digestive problems, indigestion, irritable bowel syndrome, and paralytic ileus.
- Disorders of the nervous system: Headache, migraines, trigeminal neuralgia, facial palsy (early stage), peripheral neuropathies, Meniere's disease, and neurogenic bladder dysfunction.
- Bone and muscle disorders: Low back pain, sciatica, osteoarthritis, frozen shoulder, and "tennis elbow."

## **8. Does acupuncture hurt?**

Depending upon your body type, you may feel a momentary prick during needle insertion. Or you may simply feel a tingling or a numbing sensation. Some people feel nothing at all.

After the initial insertion, the needles are left in place. During this healing period you should feel no discomfort at all. If you do, notify me immediately using the little buzzer placed by your hand, and I will quickly remedy the situation. There is no pain at the site of insertion when the needles are removed.

## **9. Do you use sterile, disposable needles?**

For both your health and mine, all the needles I use are disposable and kept in completely sterile packs until removed for treatment. The law is: one-time use, followed by proper disposal into the “sharps” container.

## **10. How long does each session last?**

After your initial consultation, each follow-up treatment should take from 20 to 30 minutes.

My practice runs on a schedule that requires little waiting time. After my assistant asks you to come into my office, I will check up on your condition by reading your pulses, examining your tongue and eyes, and asking if you have experienced any changes since your last visit. We then go into the treatment room, which consists of a comfortable cot and heating lamp. Here I ask you to remove your shoes and socks (or stockings), and loosen your belt (or waistband). When you are prepared and lying down, I insert the needles. At the beginning of each session I set a timer. When it goes off, I re-enter the room and remove the needles.



## **11. How will I feel following treatment?**

A majority of patients tend to feel better after a treatment, which means they feel refreshed, energized, and relaxed. However some people may feel seemingly worse before they feel better due to healing crisis which I will explain later.



## **12. How long after each treatment should I wait to resume my normal activities?**

After a treatment it is wise to wait at least 30 minutes before eating. Try to be conscious of the uplift you feel after a session. Savor the sensation and extend it as long as possible by relaxing and avoiding stressful situations. If time and situation permit, meditating a few minutes during and after a treatment is highly recommended.

## **13. What changes can I expect to experience in the days after a treatment?**

All holistic therapies tend to be slow acting. The healing process starts from within and proceeds outward until it begins to have a positive effect on symptoms. This means that mental and emotional conditions will often improve after the first few healing sessions, while physical infirmities and chronic ailments recover at their own slower biological pace.

“Be aware as well that after a treatment you may experience what is known as a “healing crisis.”

In the first few days following an acupuncture session the body is busy throwing off large amounts of accumulated toxins (drugs and chemicals especially) along with biological debris (allergens and bacterial products), all of which have festered in the system for months and even years. This self-cleaning process is central to one’s healing and can last from a few hours to as long as three weeks. The more drugs and chemical potions a person has taken over the decades, the more intense the detoxification process will be. But don’t worry. A healing crisis is a good sign. It is also temporary, and in the end will contribute a great deal to your full recovery. Feel free to contact me if you experience a strong healing crisis – few people do– as I can prescribe special herbs to neutralize the effects.

## **14. More on the healing crisis**

With acupuncture, herbal remedies, homeopathy, chiropractic and other biological therapies, a patient may experience an initial increase in symptoms due to the healing crisis. This post-treatment uptick in symptoms can last from a single day to several weeks, and may feel similar to a cold or flu. Indications may include a headache, body ache, and/or occasional fever with perspiration. Or a person may simply be weighted down by fatigue and sluggishness. Doctors from the old school welcome these symptoms as a sign that the healing “gods” are doing their job.

## 15. Cupping, Bruising and Bleeding

In the 2016 Olympic Games in Rio the famed American swimmer, Michael Phelps, displayed purple marks on both his back and shoulders. When asked he explained that the marks were caused by a traditional Chinese therapy known as cupping. An ancient medical technique, cupping works by heating the inside of a glass or cup to create a vacuum, then placing the cup over a painful part of the body, especially the muscles and the back. The air-tight suction created between the cup and the flesh increases blood supply to the painful area, stimulates Qi, and brings healing blood to the afflicted area.

Despite the dramatic appearance of cup marks, they are harmless and disappear in several days. The same is true with bruises caused by needling during acupuncture. These markings actually provide a kind of bonus treatment, as the reabsorption of blood continues to stimulate the bruise points even after the needle or cups have been removed. Bleeding, moreover, is due to a release of pressure from the point of energy imbalance, and is part of the curative process.



Bloodletting is a common medical practice used in many countries for many centuries. It is also one of the oldest acupuncture techniques, designed to relieve pressure and pain on the Jingmai and their related organs. It is common for a TCM doctor to stimulate a drop or two of blood from an acupoint during treatment, especially when treating stress, intense headache, pain, high fever, hypertension, and sweating. There is very little pain involved, and unlike the massive bloodletting sessions practiced in medieval Europe, only a micro amount of blood is extracted. Be assured: though bruising may occasionally occur in TCM, it is not a wound. It is a sign of healing.

## **16. Electricity and Acupuncture**

The acupuncturist views the human body as an electrical network in which the smooth and proper flow of current is optimal for good health and self-healing. Cell division, regulation of heartbeat, and every sensory reaction we have to the world around us depends on electrical stimulus. As a result, acupuncturists regard themselves as electricians of the body, reprogramming patients' biocomputer and recharging their energy base.

## **17. Dragon Remedies: Classic Chinese herbs for common maladies**

The brand of herbal medicine I have created over the years, and that I prescribe for my patients is known as Dragon Remedies. These mixtures of traditional Chinese plants and minerals utilize cutting edge technology to deliver the essence of traditional TCM herbology. They are based on 2,000 years of herbal wisdom, integrating ancient plant medicine with modern TCM techniques for maximum therapeutic benefit.

To maximize the potency of my herbal formulas I use the freshest and purest raw ingredients available. By working with the most sophisticated laboratory equipment and processes, I am able to eliminate fluctuations in the potency, consistency, and bioavailability of my herbs. Manufactured in the USA, the ingredients in Dragon Remedies are tested by FDA certified labs to ensure against pesticides, harmful bacteria, fungus, and heavy metal residues. They are also guaranteed not to contain any drugs or pharmaceuticals. When I design a new Dragon Remedy I do so with standardized full spectrum extracts that are pure and natural. Herbal remedies are often, though not always, appropriate for a patient's needs. If you have any questions about their purpose or effects I will be happy to answer them.

## **18. Are there any side effects from Chinese herbs?**

All herbal extracts from Dragon Remedies are 100% natural. They contain no harsh chemicals or preservatives, and are very gentle on the system. Nonetheless, in a small number of cases sensitive patients may experience minor reactions such as temporary stomach discomfort. If these or other reactions occur, reduce the dosage, be sure and take herbal mixtures with food, and/or consult with me about modifying your formula.

## **19. Can I take the herbal extracts with my prescription drugs?**

Individuals who are also using prescription drugs can take most herbal extracts. However, it is recommended that herbal extracts be taken on an empty stomach at least two hours before or after taking prescription drugs. For best advice, consult with your physician.

## **20. Are there herbal alternatives to my prescription drugs?**

There are many ailments that can be treated by either drugs or herbs with comparable effectiveness. Patients who do not wish to take prescription drugs, or who cannot tolerate drugs due to side effects or adverse reactions can always choose to try herbal remedies.

## **21. The TDP heat lamp and your health**

Traditionally, acupuncture works hand-in-hand with moxibustion, the burning of special herbs over different acupoints. These herbs have a strong odor, however, and the heavy fumes of smoke they emit makes them impractical for use in modern office environments. The TDP heat lamp that I use with patients was invented as a substitute for this older form of heat therapy.

The theory behind the operation of the TDP lamp is that radiant electromagnetic frequencies generate an overall healing effect when used in conjunction with acupuncture. Every day a portion of the infrared spectrum comes to us from the sun, but much of it is blocked out by the atmosphere. The TDP lamp reproduces the radiant effect of the sunlight by using a special kind of light and heat based on the latest in scientific research. While infrared light is too low a frequency to be seen with the eyes, you will definitely feel its warming and healing effects while under the lamp.



The difference between simple infrared radiation and the TDP lamp, moreover, is that the TDP incorporates a mineral plate that is heated to ionize 33 trace minerals. The human body relies on certain vitamins and minerals to repair and rebuild itself. When one's immune system is weakened or taxed, these substances are required to rebuild and repair cellular strength. Many of these key vitamins and minerals are provided by the mineral plate in the TDP lamp.

There are, of course, well-known benefits to warming strained muscles such as soaking in a hot bath to soothe away aches and pains (cold temperatures, at the same time, aggravate joint pain, arthritis, and other illnesses). The TDP lamp has a probing type of heat that penetrates from two to three-and-a-half inches into the body. Additionally, it provides the full infrared spectrum needed by the human body, including the part that is filtered out of sunshine by our atmosphere. In combination to the mineral plate excitation, we have an extraordinarily powerful tool for jump-starting the body's repair processes.

In studies conducted in China and Korea, the TDP lamp has been clinically shown to promote micro-circulation and loosening of fascia. It helps with the movement of blood throughout body cells and tissue, delivering nutrients, removing waste products, and sending white blood cells to perform their immunological work. The TDP lamp has also been classified by the FDA as a successful radiant device for the temporary relief of chronic pain and arthritis.

Americans are just beginning to learn about the benefits of TDP mineral lamp therapy. All over the world, millions of people have used it with positive results for a number of conditions including (but not limited to) arthritis, joint pain, dermatitis, edema, swelling, skin conditions of all kinds, diarrhea, lower back pain, pneumonia, irregular menstruation, impotence, paralysis, infection, scars, cold and flu, angina, bone fractures, bruises, tumors, low metabolism, and many more.

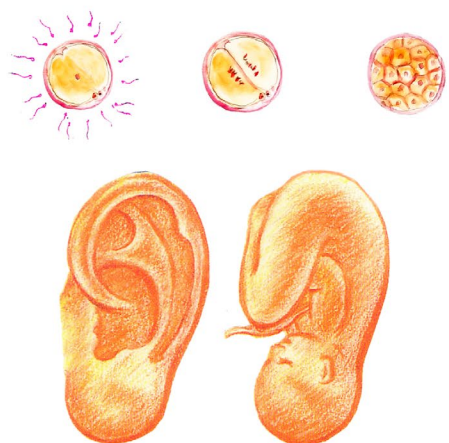
During an acupuncture session I regularly use a TDP lamp. If you find the heat from the lamp too strong or the light irritating to your eyes, please tell me and we can make the appropriate adjustments.

# Brain Computer Model of Auriculotherapy

The ear can be viewed like a computer keyboard terminal, with peripheral access to the computer central microprocessor unit, the brain. This is the reason why stimulating on the ears can help to access the central brain computer to heal the body.

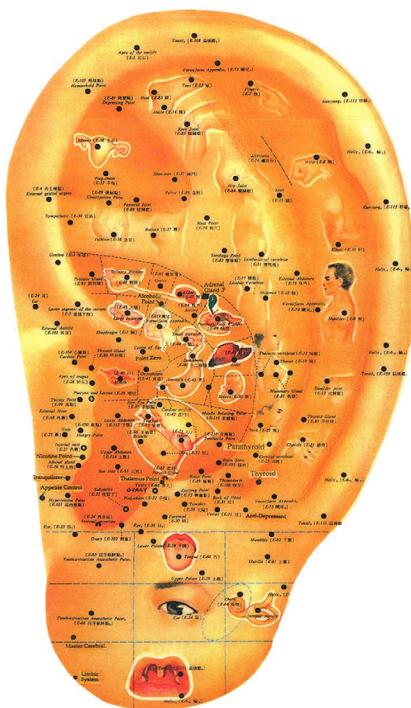
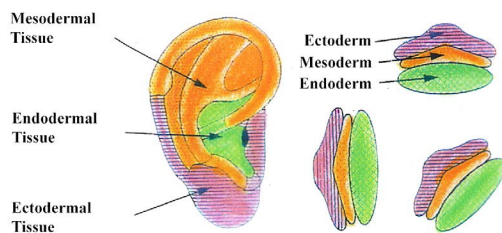
## Ear Resembling Inverted Fetus

Egg and Sperm Union    Dividing Embryo    Multicellular Embryo



The ear is one of a few anatomical structures composed of tissue from each of the three primary types of tissue in the developing embryo. Each type of embryological tissue on the ear accounts for the different somatopic functions related to that auricular area.

Embryo Primary Germ Layers



🔴 = Pain or Pathology



Pathological Areas of Body Transmit Information to the Brain

🌿 = Healing



Pain and healing after ear acupuncture stimulation



Brain Computer Microprocessor Regulates the Body Pain Relieved in Body by secrete endorphins from the Brain



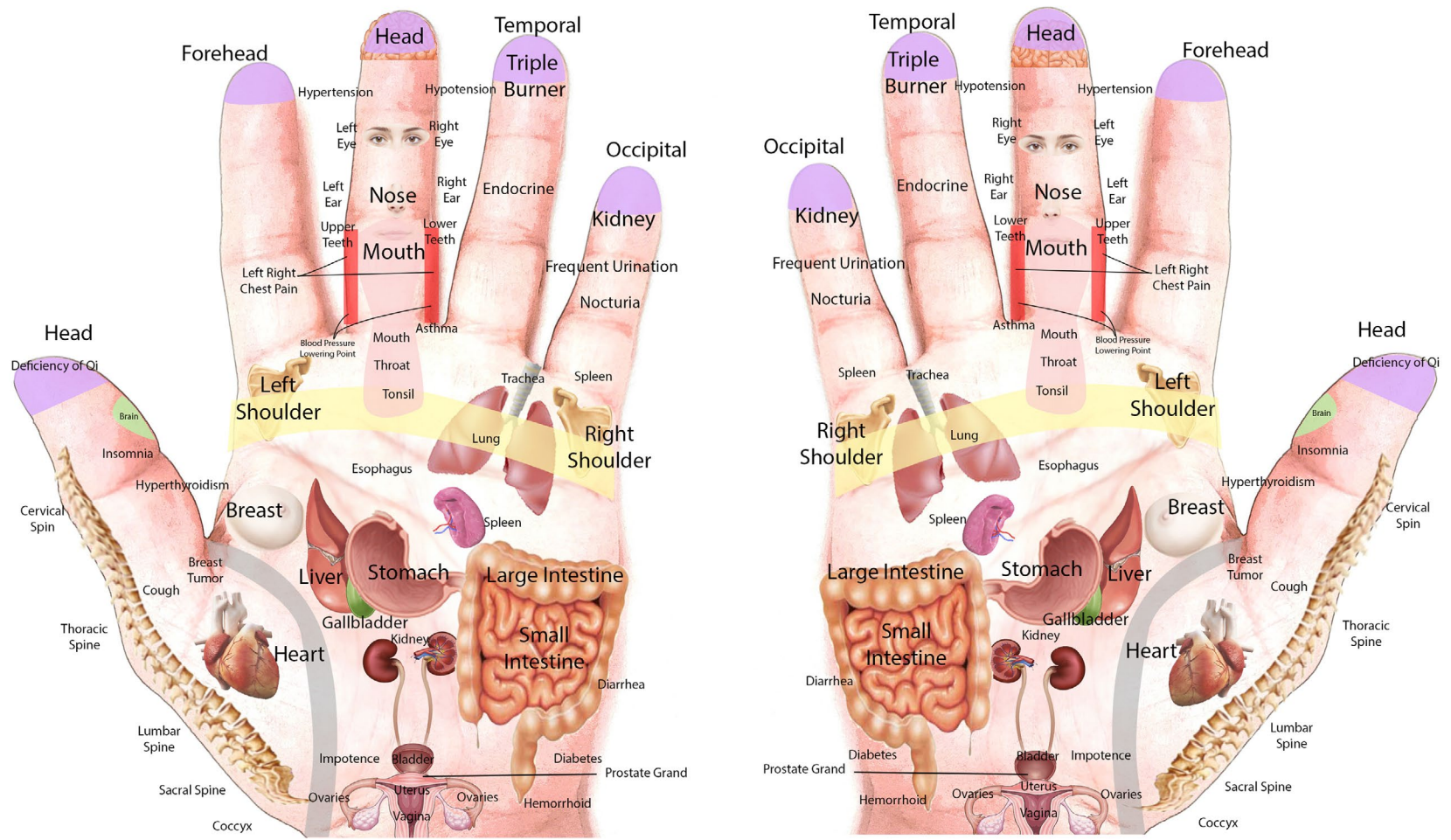
Brain-Computer-Microprocessor Somatopically Monitors the Body Regulates the Body



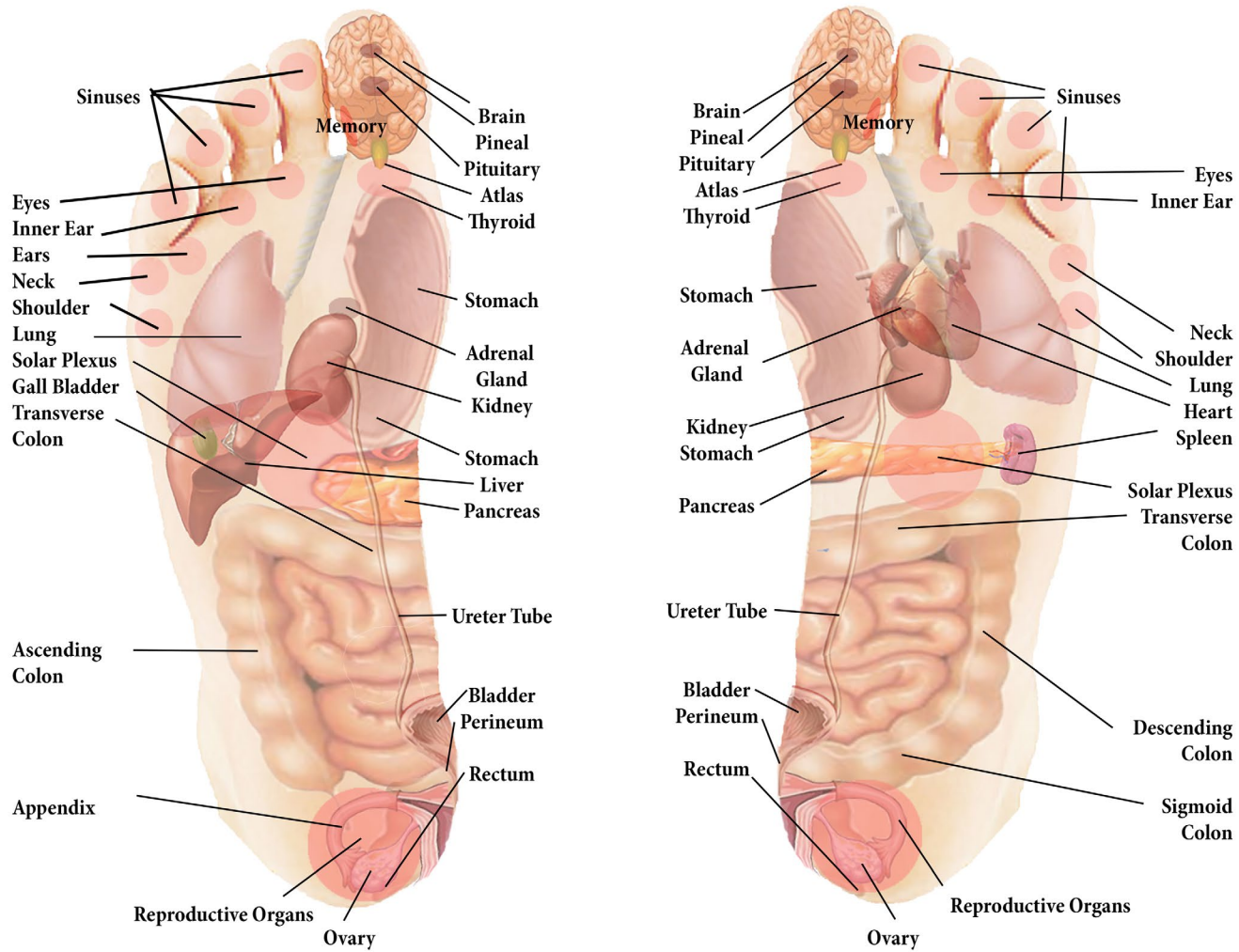
Active Ear Reflex Points Respond the Brain Input, Acting like a Computer Monitor that Indicates Areas of body Pathology



Somatopic Ear Computer Terminal Stimulated to Transmit Information to Brain Computer. It acts like a keyboard of a computer

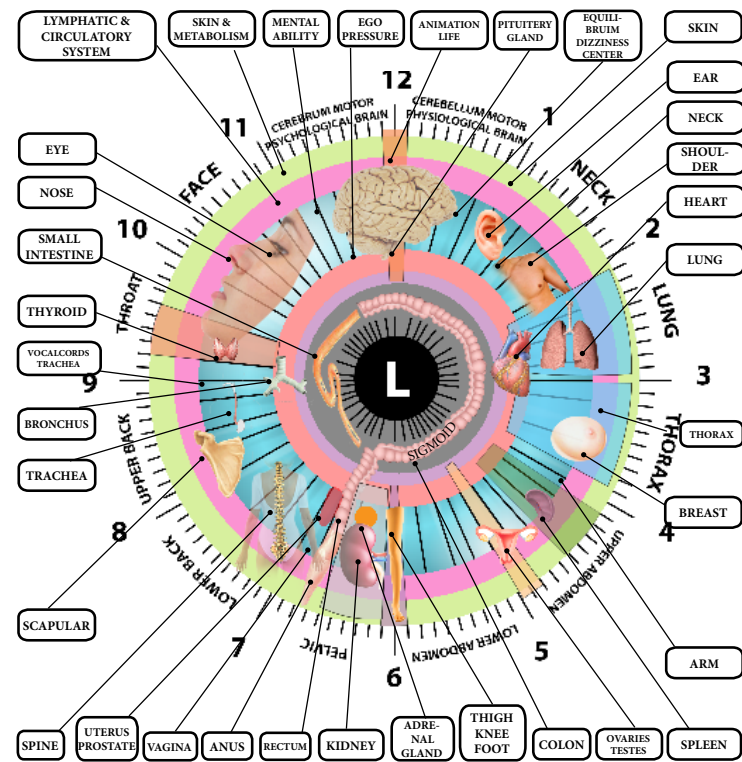
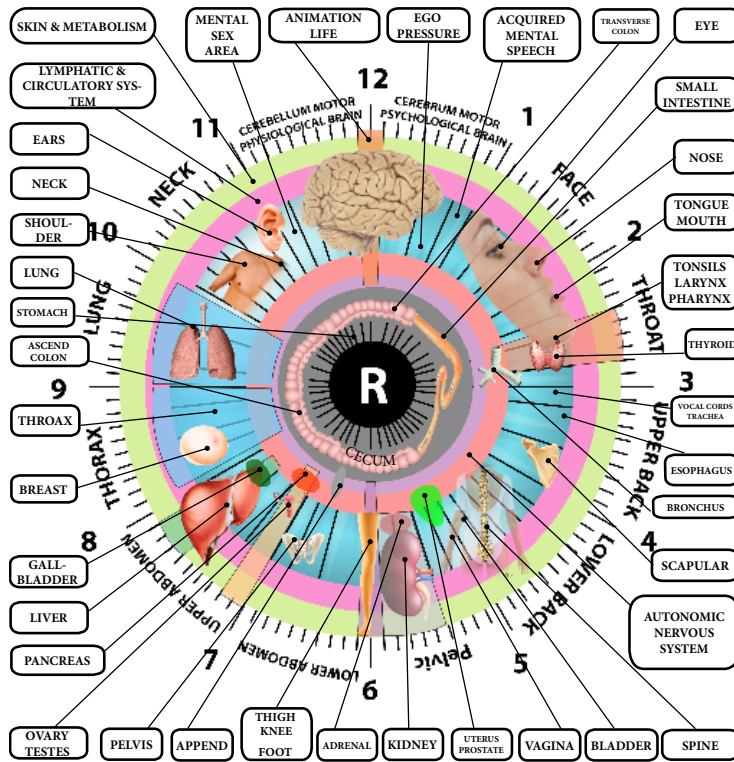


This hand reflexology chart displays the relationship between the hands and the body organs, showing the relevant points that must be stimulated in order to balance their corresponding organs.



The foot reflexology chart featured above shows the bottom of the feet and their correspondences to different organs in the body. The feet are furthest away from the brain and heart; stimulating them can be highly beneficial for the health.



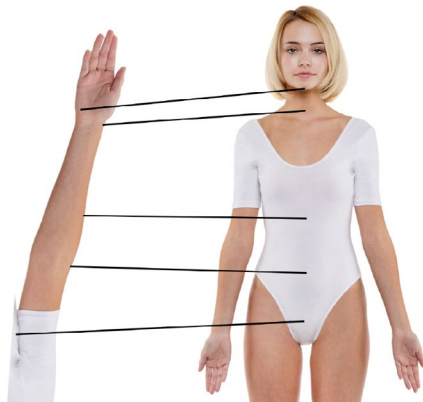


The colors, patterns, and other characteristics of the iris are believed to correspond with health conditions in different organs of the body, and can thus be used by doctors as a diagnostic tool. Known as iridology, this practice is now being used by health care practitioners all over the world.

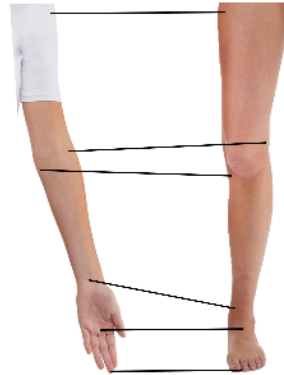




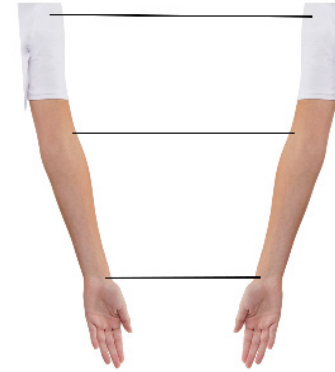
Head acupuncture, a therapy in which needles are inserted into specific points on the scalp, was invented by Shun Fa Jiao M.D. in 1971. Dr. Jiao's system was developed by combining the theories and techniques of traditional acupuncture with modern physiology's insights into the anatomy of the nervous system. It was then honed through scientific research and clinical practice with thousands of patients during the course of many years. Head acupuncture is a proven treatment for a range of cerebral diseases including stroke, paralysis, Parkinson's, Alzheimer's, Autism, neuropathy, dizziness, depression, and many more. On March 18, 2018, during one of Dr. Jiao's speeches at the Chinese Medical Forum of Harvard University, Dr. Chan explained a case study report on the effectiveness of Head Acupuncture for Alzheimer's disease. Dr. Chan has also translated Dr. Jiao's book Head Acupuncture book into English.



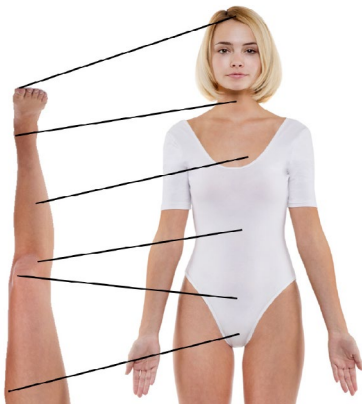
Reverse Image of  
Upper Limb and Torso



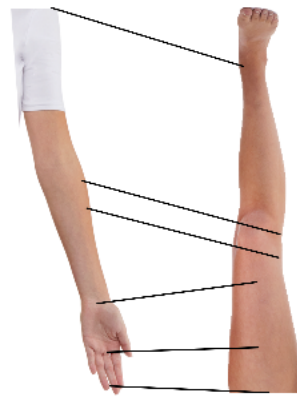
Same Direction Between  
Arm and Leg



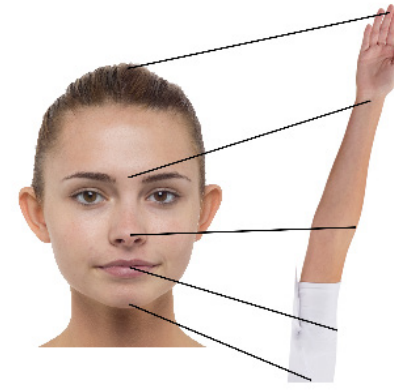
Same Direction Oppo-  
site Side of Upper Limb



Reverse Image of  
Lower Limb and Torso



Opposite Direction  
Between Arm & Leg



Opposite Direction Be-  
tween Upper Limb & Head

This chart shows how the acupoints are located on opposite sides of the body. Stimulating these points is beneficial to help balance one's vital energy and to maintain optimum health. These points are usually located on opposite sides of the body and great distance from the source of pain, infections or infirmity.